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Manuscript Title:

Metabolically Healthy Obesity: Is It Really Healthy for Type 2 Diabetes Mellitus?

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Abstract:

Metabolically healthy obese (MHO) individuals are reported to have a lower risk of developing cardiovascular diseases in comparison with individuals with metabolic syndrome. However, the association between metabolically healthy obesity and type 2 diabetes is still controversial. The conventional perspective is that MHO individuals have an increased risk of developing type 2 diabetes compared with metabolically healthy normal-weight individuals, especially among those who would acquire metabolically unhealthy obesity. This has been supported by finding insulin resistance and low-grade inflammatory responses in MHO individuals with a tendency for impaired beta-cell dysfunction. Appropriate physical activity, a favorable eating profile, and bariatric surgery can prevent MHO individuals from developing diabetes and other complications. Early detection and management of MHO is important to help physicians in their clinical work...

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